

North Suburban YMCA

Swim Lessons Progress Report

Minnow - Level 5

Student: _____

Session: _____

Class: _____

Instructor: _____

Next Level: _____

Comments:



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Comments:



Swimming & Water Skills	Achieved	Working on skill set
Jump in pencil dive deep feet first		
Underwater glides and retrieve objects		
Kneeling dives		
50 yards front crawl w/ effective rotary breathing		
50 yards back crawl w/ effective kick		
Kick endurance w/ kickboard 100 yards		
Tread water 2 minutes		
Breast stroke 25 yards kick only w/ kickboard and glide.		
Butterfly 15 yards kick only w/ kickboard		
Front glide 3 yards into front crawl and swim.		
Back glide 3 yards into backstroke and swim.		
Jump in, swim 5 yards, float on back 1 minute, roll over and swim.		

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